Monday, March 31, 2014

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TORONTO metro®

WOW, THAT NUN REALLY JUMPS OFF THE PAGE

WATCH HER PERFORM IN THE PAPER WITH OUR NEW AUGMENTED REALITY (AR) TOOL PAGE 7

Armoured cars rumble into Brazilian slum

Scan the image for a gallery of police and marines trying to clear a Rio shanty town ahead of World Cup PAGE 9

Put your wallet on a diet, make your own lunch

Scan the image to watch a video with more financial advice from Gail Vaz-Oxlade come to life on paper PAGE 18

UConn upsets Michigan State in NCAA action

With B-ball's move to T-shirt-style jerseys, use the Metro News app to vote on ugliest uniforms in sports PAGE 25

NEWS WORTH SHARING.

RAP, ROCK AND RYDER

Co-hosts Serena Ryder and Classified kick off the Juno Awards with a medley in Winnipeg on Sunday. Ryder picked up two Junos early in the evening: songwriter of the year and artist of the year. Use Metro's new Augmented Reality (AR) feature to view a photo gallery of winners from the Juno Awards gala and the red carpet, page 14. JOHN WOODS/THE CANADIAN PRESS

Nixing 'Bixi' — bike share gets a new identity

New operator, new brand, new pricing.
Parking authority takes over program Tuesday

It's bye-bye Bixi — Toronto's bike-sharing network has a new name, a new logo and new prices favouring long-term users.

The Toronto Parking Authority (TPA) is set to unveil the changes Monday. They'll take effect Tuesday, the same day TPA officially takes over as the new operator.

The program will simply be called "Toronto Bike Share" and will be operated daily by Alta Bicycle Share, a Portland, Oregon-based company operating bike-share systems in the U.S. and Australia.

The new logo will look almost identical to Toronto Parking logos except with a bike instead of a green P, said Marie Casista, vice-president of real estate, development and marketing for TPA.

The urban cycling program has struggled financially, telling the city last year it could no longer make payments on a $3.9-million city loan.

In December, Bixi's creator — Public Bike System Company — and the city came to a deal to transfer all Toronto assets. In January, the Public Bike System Company filed for bankruptcy protection.

While the TPA partnered with Alta Bicycle Share for daily operation, Casista said they're still searching for a sponsor to offset the costs, which could mean another new name. TORSTAR NEWS SERVICE

Pricing

According to the TPA, the new pricing scheme is designed to encourage riders to commit for the long haul.

- **24-hour passes** will increase to $7 from $5 and 72-hour passes will increase to $15 from $12.
- **Monthly memberships** will drop more than half to $18 from $41 and **annual memberships** will decrease to $90 from $97.

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Wynne warns Hudak of legal action over gas plant remarks

Scandal. Premier denies allegations she was involved in destruction of key documents

Kathleen Wynne
TORSTAR NEWS SERVICE

Premier Kathleen Wynne has threatened legal action against Progressive Conservative Leader Tim Hudak for what she calls "false, misleading and defamatory allegations" after the latest bombshell revelation in the $1.1-billion scandal over two cancelled gas-fired power plants.

Wynne sent an open letter to Hudak on Sunday, calling him out on remarks made after the Torstar News Service revealed that the OPP are investigating David Livingston, the former chief of staff to her predecessor, Dalton McGuinty, for breach of trust in the alleged wiping of computer hard drives to remove politically sensitive documents.

The Conservatives branded Wynne's letter an "attempt to threaten the opposition."

"I won't be muzzled, nor will my leader," Tory energy critic Lisa MacLeod said during a conference call on Sunday.

Police claim Livingston, who has denied any wrongdoing, got a global-access password for a computer whiz from outside the government to go through the hard drives.

OPP allege that person was Peter Faist, the boyfriend of Laura Miller, a deputy to Livingston.

The computer password was active from Feb. 6, 2013 — Wynne assumed power from McGuinty on Feb. 11 — until March 20 of the same year. Police say it was used on Feb. 6 and 7, and they have seized 24 hard drives now being examined by officers in the force's technological services branch.

"You alleged that I personally oversaw and possibly ordered the criminal destruction of documents and that criminal conduct took place in my office," Wynne wrote in the one-page letter.

"The allegations and accusations are false, and you ought to know it."

MacLeod questioned the seriousness of the Wynne letter, describing it as more of a "media stunt" than a legal move.

"We haven't received a letter from any lawyer," she told reporters.

The OPP allegations have not been proven in court and no charges have been laid.

TORSTAR NEWS SERVICE

Mississauga

Another funeral home faces closure

A second Mississauga funeral home may be shut down for alleged shoddy business practices — this one owned by the brother of the man behind a popular funeral home chain accused of cutting corners during embalmings.

Lee Funeral Home risks losing its licence over accusations of unpaid debts to suppliers and the city.

Owner Roy Benipersaud is accusing the provincial regulator of "maliciously" trying to run him out of business at the same time as it's trying to shut down Benisasia Funeral Home, which is run by his brother and sister-in-law.

A spokesperson for the Board of Funeral Services said it is happenstance that the board is trying to shut down both brothers' homes. TORSTAR NEWS SERVICE

Rejoice: Spring has finally sprung

People and their dogs have fun on Woodbine Beach Sunday. At last it looks like spring has actually arrived — a week and a half after the official day — with the bright sunny weather and milder temperatures drawing out winter-weary Torontonians. More nice weather is in store for Monday, with above-zero temperatures expected all this week. COLIN MCCONNELL/TORSTAR NEWS SERVICE

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Measles exposure. At least four communities in GTA and Hamilton at risk

From a pub in Burlington to a trampoline park in Mississauga, an adult, whose identity is being withheld, has brought the measles threat to at least nine places in four communities.

The person has been to the Sky Zone park, three spots in Burlington, one in Hamilton and four in Waterdown, between March 22 and last Thursday, Peel and Halton health authorities said Sunday.

A highly contagious disease, measles starts with cough, running nose, red and watery eyes, fever and rashes. Complications can include pneumonia and brain inflammation. Vaccination is available, but there is no specific treatment.

Unfortunately for the general public, the patient had a busy few days before being diagnosed.

Health authorities said people who visited the Sky Zone between 12:30 p.m. and 4:30 p.m. on March 22 are at risk.

For Burlington, the affected places and times are: The Queen's Head Pub on March 22 between 10 p.m. and 2 a.m.; Milestones Restaurant on March 23 between 7 p.m. and midnight; and Joseph Brant Hospital on three occasions: March 25 from 7 p.m. to the next day at 9:30 a.m., March 26 between 3:30 p.m. and midnight, and last Thursday from 11:15 a.m. until 2 p.m.

Health authorities encourage those at risk to watch for symptoms until April 12, 21 days after possible exposure. TORSTAR NEWS SERVICE

Jeffrey Boucher

Body may be that of missing runner

A body found in Whitby was believed to be that of a teacher who went missing in January, police said Saturday.

The body, found Saturday afternoon by a citizen out for a walk along the shore of Lake Ontario, was believed to be that of 52-year-old Jeffrey Boucher, Durham Regional Police Det. Jeff Kennedy told reporters Saturday evening.

Boucher went missing Jan. 13 after it's believed he left his home to go jogging.

Police hoped a post-mortem examination would reveal a cause of death, Kennedy said. THE CANADIAN PRESS

Facebook 'obsession'

Demotion for cop who harassed ex

A Toronto police officer who harassed her former boyfriend and his wife while on duty has been demoted and must forfeit 24 days of pay.

Const. Dionne Kent pleaded guilty to charges of insubordination and discreditable conduct in January at a police tribunal for offences that took place between December 2011 and December 2012.

Kent was found to have used the criminal database available to all police officers more than 100 times for information about her former partner and his family. She also sent several harassing messages over Facebook. TORSTAR NEWS SERVICE

Charges dropped for 4 accused in cop beating

Trial delays. Defence called officers' story 'an attempt to justify a severe beating'

Four men accused of badly beating a police officer during a party had their charges withdrawn Wednesday, Crown spokesman Brendan Crawley said.

Tien-Dung Pham, 34, his brother Tien-Tan Pham, 31, Ngoc Pham, 29, and Tu Bui, 32, were charged with assaulting a police officer after Const. David Monteiro and his partner Const. Kurt Bassett were called to a noise complaint at an apartment near Spadina Ave. and Front St. W. in March 2012. Monteiro testified that Tien-Tan Pham and Tien-Dung Pham answered the door and were acting aggressively.

Each of the men grabbed one of Monteiro's arms, causing him to lose his balance and fall into the apartment, he said. What followed was an attack inside the apartment in several waves, he said.

"You're overwhelmed with assailants." He said he delivered several "closed fist strikes" to "save my life, basically."

Defence lawyer Jeff Hershberg, who represented two of the accused, disputed this version of events, saying his clients were attacked by Const. Monteiro after they refused to allow him into the apartment.

"The officers' narrative is, in my opinion, made up in an attempt to justify this severe beating," he said. "Two of (the accused) were beaten so badly that they soiled themselves."

Hershberg contended the Crown said it withdrew the charges due to extensive trial delays. The trial had taken 16 days, spread over the past 10 months, and would take at least 20 more days, he said. TORSTAR NEWS SERVICE

Ngoc Pham, left, Tien-Tan Pham, centre, Tien-Dung Pham, right, and Tu Bui (not pictured) must stay away from the officers as part of the agreement. PETER SMALL/TORSTAR NEWS SERVICE

Free to go

A Crown spokesman said the decision to withdraw the charges was made after consideration of the evidence and circumstances of the case and consultation with the police officers involved.

- The defence had filed several applications to stay the charges, based on the officers' actions.
- The four accused men signed a 12-month peace bond — an agreement to be on good behaviour, stay away from the officers involved in the incident and not posses any weapons — and were free to go.

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Top Tory resigns amid nomination controversy

Dimitri Soudas. Friend of PM Stephen Harper quits over fiancée's bid in Ontario riding

Dimitri Soudas THE CANADIAN PRESS

The Conservative party's top operative and campaign organizer Dimitri Soudas resigned Sunday amid a controversy over his fiancée's nomination bid in a suburban Toronto riding.

Riding association presidents received a sudden email from party president John Walsh late Sunday evening informing them of the departure.

Soudas is close to Prime Minister Stephen Harper, and had left a senior post at the Canadian Olympic Committee in December to help with the party's 2015 election preparations.

But trouble began to brew within the party's grassroots over his fiancée MP Eve Adams' intention to run in the Ontario riding of Oakville-North Burlington.

Soudas had recused himself from any participation in the nomination there because of his relationship, but that did not seem to quell concerns that the playing field would not be level in the riding.

THE CANADIAN PRESS

Medical marijuana. Many patients say they'll have to break the law or go without

They might have a temporary reprieve, but pain-stricken Canadians who grow their own medical marijuana say they may soon face a difficult choice: go without the weed they need or break the law to get it.

A Federal Court judge recently granted an injunction that allows thousands of patients to continue cultivating their own marijuana at home, or designate someone to grow it for them — at least until their legal challenge of planned new rules can be argued more fully.

But the federal government is determined to change the system, even if Tuesday's full-fledged launch will be delayed.

If the courts ultimately reject the legal challenge to the plan led by several home-growers, anyone other than a licensed producer cultivating pot would be breaking the law.

Still, some patients argue the new system will deny them a safe, affordable supply of the particular strains of marijuana that make their often-debilitating conditions bearable.

Alison Myrden of Burlington, Ont., says she cannot afford to switch to a licensed producer. A former Ontario correctional officer, Myrden is used to playing by the rules. "I don't want to break the law."

Others say they will have little choice if the Federal Court upholds the new system.

THE CANADIAN PRESS

Prices to get high?

- **Price per gram, purchased from Health Canada under the old rules:** $5
- **Expected price per gram, under the new rules:** Expected to initially average about $8.
- **Projected total additional cost to all approved patients as a result of the new system:** $166 million a year for 10 years

Quebec

PQ leader pushes values charter at 'secular brunch'

The Parti Québécois is trying to turn attention to its charter of values, with Leader Pauline Marois headlining a "secular brunch" Sunday. Janette Bertrand, a well-known feminist, said religious accommodation of threatens to erode equality between men and women.

THE CANADIAN PRESS

Newfoundland

Frozen embrace to mark anniversary of sealing disaster

In 1914, Reuben Crewe and his son set out on the SS Newfoundland, and were later found frozen, the boy's head tucked against his father as they died in a storm. Their embrace will be depicted in a sculpture as part of ceremonies Monday marking 100 years since the disaster.

THE CANADIAN PRESS

P.E.I.

Residents urged to come together after deadly fire

Residents of a Prince Edward Island town were told Sunday to support one another after the deaths of three young people in Charlottetown after a fire Saturday morning. Rev. Gerard Chaisson said he told parishioners Sunday to come together during such tragedy.

THE CANADIAN PRESS

Parliament Hill

Victims' rights bill expected in 'next few days'

A long-promised victims' bill of rights is about to be introduced in Parliament, driving a potential political lightning rod into the House of Commons.

Justice Minister Peter MacKay said Sunday he looks forward to delivering on the commitment "over the next few days."

THE CANADIAN PRESS

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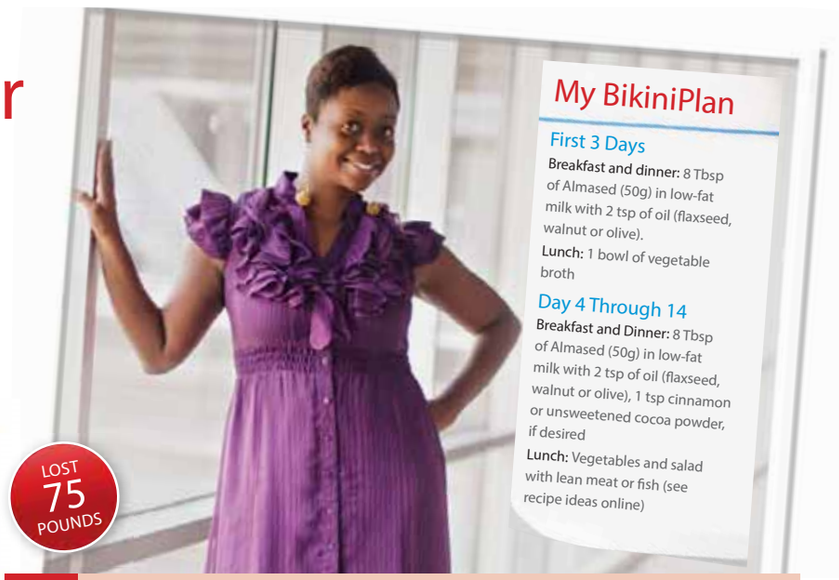
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Russia recommends Ukraine federation as Kerry, Lavrov meet

Sunday's meeting. Diplomatic talks proceed while Russia deploys troops along border

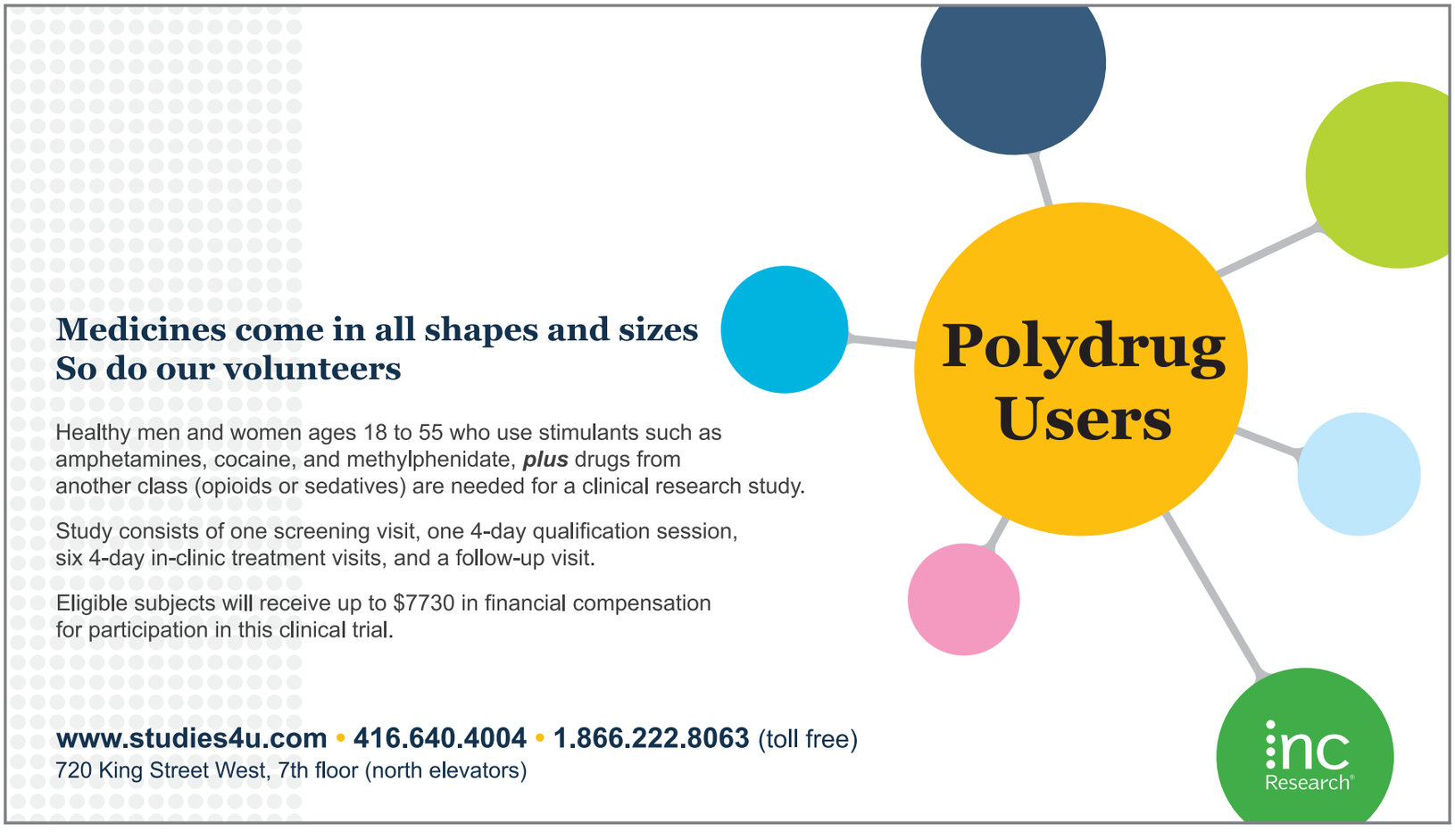
U.S. Secretary of State John Kerry, left, shakes hands with Russian Foreign Minister Sergey Lavrov before the start of their meeting.
JACQUELYN MARTIN/THE ASSOCIATED PRESS

Russia on Sunday set out demands for a diplomatic resolution to the crisis in Ukraine, saying the former Soviet republic should be unified in a federation allowing wide autonomy to its various regions as U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov met in Paris in another bid to calm tensions.

After a brief call on French Foreign Minister Laurent Fabius, Kerry sat down with Lavrov at the residence of the Russian ambassador to France to go over Moscow's response to a U.S. plan to de-escalate the situation as Russian troops continue to mass along the Ukrainian border.

The men said nothing of substance as they shook hands, although after Kerry ended the photo op by thanking assembled journalists, Lavrov cryptically added, in English, "Good luck, and good night."

Appearing on Russian television ahead of his talks with Kerry, Lavrov rejected suspicions that the deployment of tens of thousands of Russian troops near Ukraine is a sign Moscow plans to invade the country following its annexation of the strategic Crimean peninsula. THE ASSOCIATED PRESS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See that symbol? It means you can scan this image with your Metro mobile app to see a photo gallery of the operation in the Mare slum complex.

Police officers and Brazilian Marines occupy Rio de Janeiro slum ahead of World Cup

A couple walks past a navy armoured vehicle during an operation to occupy the Mare slum complex in Rio de Janeiro on Sunday. More than 1,400 police officers and Brazilian Marines rolled into the area near Rio's international airport before dawn Sunday in the latest security push ahead of this year's World Cup. Not a shot was fired as the Mare complex became the latest impoverished area to see security forces move in and try to push out heavily armed drug gangs that have ruled Rio's shantytowns for decades. To see a photo gallery, scan the image above using the Metro AR feature on the Metro mobile app. LEO CORREA/THE ASSOCIATED PRESS

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Civilians killed by peacekeepers in Africa's CAR

Central African Republic (CAR).

A spokesman for peacekeeping soldiers said their actions were a 'legitimate defence' following an attack

Chadian peacekeeping soldiers opened fire on civilians in Central African Republic's strife-torn capital city Bangui over the weekend, killing more than 30 and sparking fears of reprisal attacks, officials and witnesses said.

Jean-Pierre Sadou, a gendarmerie official with the regional peacekeeping mission, could not confirm the death tolls provided by local officials. But he did say the soldiers' actions were a "legitimate defence" after the attack on their convoy.

The soldiers were returning from a mission in the country's interior on Saturday when two of their vehicles were attacked by grenades, said Sadou. In response, the soldiers forced their way past a roadblock erected by French soldiers in Bangui's PK12 neighbourhood and started shooting on the crowd, witnesses said.

More than 20 people were killed in the PK12 neighbourhood alone, said Odette Dombolo, a commune mayor.

Michel Djotodia, the rebel-leader-turned-president, stepped down in January amid mounting pressure.

Since then, the country's Muslim minority has been targeted in retaliatory violence at the hands of a Christian militia.

Tens of thousands of Muslims have fled for their lives in convoys to neighbouring Chad. THE ASSOCIATED PRESS

Tit-for-tat atrocities

Central African Republic, long one of the world's poorest countries, descended into chaos one year ago when an alliance of mostly Muslim rebel groups in the country's north overthrew President Francois Bozize.

- The rule of the rebel coalition was marked by atrocities, including tying together victims and throwing them off bridges into rivers to be eaten by crocodiles.

Senegal and Guinea

Border closed over Ebola fears

Senegal has closed its land border with Guinea to prevent the spread of the Ebola outbreak, which has killed at least 70 people.

Senegal's Interior Ministry announced the border closure Saturday. It also said officials in the southern region of Kolda closed a weekly market which draws thousands of people from the neighbouring West African countries of Guinea, Gambia and Guinea-Bissau.

Guinea confirmed last week that several victims of hemorrhagic fever in the country's southern region had tested positive for Ebola. Eight cases have been confirmed in Guinea's capital, Conakry, and in neighbouring Liberia and Sierra Leone authorities are also investigating suspected cases.

The hemorrhagic fever's initial symptoms can mimic malaria, but as the disease progresses it can lead to grisly deaths as patients bleed internally and externally.

THE ASSOCIATED PRESS

In memoriam: Soccer tragedy

Laying down flowers and jerseys, supporters of Stockholm soccer club Djurgarden IF pay their respects at the spot where a fellow supporter was fatally assaulted. He died of head injuries. The attack occurred before the season-opening Swedish league match between Helsingborg IF and Djurgarden IF held in Helsingborg, Sweden, Sunday.

BJORN LINDGREN/TT NEWS AGENCY/THE ASSOCIATED PRESS

HUDSON'S BAY

Hudson's Bay welcomes two-time Olympic Gold Medalist

ALEX BILODEAU

Join us in congratulating Alex and snap a selfie with him during the event.

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ETF market explodes

HOW TO ROLL
Alison Griffiths
metronews.ca

A buffet of exchange-traded funds for Canadians to choose from means keeping more money in your pocket. ISTOCK

When a business Goliath starts feeling vulnerable, what happens? Out comes the chainsaw! Canada's largest exchange-traded fund (ETF) provider, Blackrock Asset Management Canada, a.k.a. iShares Canada, has just slashed management fees on nine of its funds.

This is excellent news for those who invest passively. Passive or index investing using exchange-traded funds (ETFs) has long been proven to be a winning strategy for retail (i.e. you and me) investors.

ETFs simply track or mimic an index such as the S&P/TSX Composite. The fees are extremely low compared to mutual funds.

Not long ago there was just a handful of ETFs in Canada. Today there are nearly 300. While the plethora of ETFs has produced a more confusing landscape for investors, there's now far more choice. Though the iShares behemoth still dominates with nearly 66 per cent of the market, its share is down from almost 72 per cent a year ago.

In response to ETF competitors, iShares is chopping fees. The biggest beneficiary is the iShares S&P/TSX Capped Composite Index (XIC) with an 80 per cent decline from 0.25 per cent to 0.05 per cent. The popular hedged and non-hedged U.S. ETFs that track the S&P 500 Index, XSP and XUS, have dropped from 0.22 and 0.14 per cent to 0.10 per cent each.

In contrast, the fee range for a Canadian mutual fund holding larger U.S. or Canadian companies is between about 1.9 and 2.6 per cent.

ETF fees are already low but iShares' move means more money in the pockets of index investors.

Growing high expectations

Marijuana plant strains are held in jars as a MediJean senior lab technician works at the medical marijuana facility in Richmond, B.C., recently. THE CANADIAN PRESS

From the outside, there's little to distinguish MediJean Distribution Inc.'s headquarters from the unremarkable office complexes and warehouses that surround it in a sprawling slice of industrial suburbia near Vancouver.

Inside, however, the picture is unlike anything else around it. The company is putting the finishing touches on a massive hydroponic operation as it joins a lucrative new industry made possible by Health Canada's overhaul of the country's medical pot system.

One of the facility's growing rooms is already home to dozens of maturing green plants of various strains, and it will soon house many more. The concrete vault is empty, but it will eventually be filled with dried marijuana ready to be shipped across the country.

In contrast to the stereotypical grow-ops of movies and TV newsreels — whether for medical use, the black market, or the uncomfortable place where those two worlds collide — the facility has a sterile laboratory feel, which is precisely the point.

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Smartphone wars

Apple, Samsung call on courts again in patent battle

The fiercest rivalry in the world of smartphones is heading back to court this week in the heart of the Silicon Valley, with Apple and Samsung accusing each other, once again, of ripping off designs and features.

The trial underscores a much larger concern about what is allowed to be patented.

THE ASSOCIATED PRESS

PLEASED TO PAY FOR POLITICIANS' DREAMS

URBAN COMPASS

Paul Sullivan
toronto@metronews.ca

Hello, my name is Paul.

I am a taxpayer.

This means about half of what I make goes to various levels of government. It may be more, but they come at you from so many directions, it's tough to add them all up.

There's only one taxpayer, but there are many essential services, all of which I'm proud and pleased to fund.

Essential services such as sending government officials and their families to sun destinations or to the legendary capitals of Europe, making sure they stay at the nicest hotels and eat at the best restaurants.

You're probably wondering if it's really essential to send a bunch of MPs and senators to Puerto Rico to discuss "succeeding in a time of austerity" as we did in the dead of the wicked winter of 2013. I mean, you might think one way of succeeding in a time of austerity would be to cancel all the junkets.

But when one of the happy travellers is John Williamson, former head of the Canadian Taxpayers Federation — the taxpayer's friend — it must be all right. And doesn't it give you a warm feeling when our legislators are able to thaw out at our expense? It almost beats blowing on your fingers.

There are lots of other essential services we taxpayers provide, but none more cost efficient than keeping our government officials and their families fat and sassy. You get what you pay for. Who wants grumpy government officials? Aren't they bad enough now?

When you think about it, this kind of goodwill insurance is a real bargain compared to other essential government services, such as the purchase of a fleet of F-35 fighter jets at nearly 100 million bucks a plane. Expensive, sure, but they'll be great once they fix it so the planes will be able to fly at night.

Just imagine all the junkets 100 million bucks would buy. We could send all 44 Toronto councillors to the Federation of Canadian Municipalities conference in Vancouver, rather than just 18 of them!

Of course, there are many essential government services that are working for us behind the scenes. Such as: Who pays for the officials who black out all the information requested under The Freedom of Information Act? There must be many of those folks toiling in anonymity, as there are so many black lines through the documents. I suspect it takes days to obliterate a single memo out of the Premier's Office alone.

Unfortunately, in order to pay for essential services such as trips to study palm trees, we often have to cut back on marginal essential services such as transfer payments to remote places such as Ontario. And while we're at it, we might as well eliminate seniors' discounts, as they won't need them much longer, anyway.

So the next time the government sticks its hand in your pocket (next withdrawal in five minutes), just grin and bear it. You've just made it possible for a minor government official or his or her spouse to do something you'll never get to do in your wildest dreams.

Suckah.

Paul Sullivan is filling in for Matt Elliott, who will return next week.

MetroTube

On two legs, life's a beach

ANDREW FIFIELD
metronews.ca

Washington's Panda Paws Rescue does a lot of wonderful work rehabbing animals with serious medical needs that may otherwise go neglected.

They also happen to be home to Duncan Lou Who, a real-life boxer version of the Google Street View half-cat.

With a touch of heart-melting tenacity, Duncan, who seems to love nothing more than a little beach romp, experiences the beach for the first time in this video. Visit pandapawsrescue.org.

The YouTube video of Duncan Lou Who has over 1 million views. YOUTUBE SCREENGRAB

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This issue, you can find AR enhancements on page 9 in News, page 14 in Scene, page 18 in Life and pages 24 and 25 in Sports.

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ZOOM

Riot-inspired art decorates Greece

DIMITRI MESSINIS/THE ASSOCIATED PRESS

Graffiti proliferates with lax laws

Artwork by Indonesian-born street artist WD, inspired by a news photograph from recent riots in Istanbul, Turkey, is seen in central Athens. Anti-government demonstrations in Greece have inspired local street artists as the country struggles to emerge from a six-year recession. The inscription on the wall is a quote from Argentine revolutionary Ernesto (Che) Guevara.

Greece has attracted international street artists to its capital, due to the availability of commissioned work and relatively lax anti-graffiti law.

THE ASSOCIATED PRESS

metro

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SCENE 2

Serena Ryder, Tegan and Sara win big at 2014 Juno Awards

Music awards. Ryder thanks mom and dad for paying the bills while she wrote and recorded in her bedroom

Serena Ryder and the duo Tegan and Sara were both double winners midway through the 43rd Juno Awards, claiming several of the annual gala's biggest categories.

The co-hosting Ryder, who kicked off the show with a medley alongside rapper Classified, won songwriter of the year and artist of the year after her breakthrough album Harmony climbed to platinum status this past year. That gives her six career Junos — but if it was old hat, it didn't show in her cheerfully rambling speech.

"I lost a bit of weight because I stopped drinking for the Junos to be on point and my pants are falling down," she said as she first charged onstage. "Holy cow, I really didn't expect to win this but I'm so honoured. Thank you guys so much.

Calgary-reared twins Tegan and Sara, meanwhile, won single of the year for their propulsive hit Closer, beating out a field that included Arcade Fire's shimmering disco exercise Reflektor to claim the prize, their second Juno after they won pop album of the year.

Justin Bieber won his fourth straight Juno Fan Choice award, but with the troubled 20-year-old superstar absent from the proceedings. In her speech accepting songwriter of the year, Ryder actually devoted time to defend the controversial singer.

"I really think that Justin Bieber is an amazing musician," she said.

Due to Metro's deadline, a full list of winners was not available by print time. For a complete list, visit metronews.ca.

Serena Ryder accepts her award for songwriter of the year. Not only did she pick up an earlier Juno for artist of the year, she also co-hosted the awards show with rapper Classified and country artist Johnny Reid. THE CANADIAN PRESS

And the winner is ...

A partial list of early winners at the 43rd Juno Awards::

- **Artist of the year.** Serena Ryder
- **Pop album of the year.** Tegan and Sara, Heartthrob
- **Rap recording of the year.** Drake, Nothing Was the Same
- **Rock album of the year.** Matt Mays, Coyote
- **Breakthrough artist of the year.** Brett Kissel

Tegan and Sarah celebrate their Juno for pop album of the year. JOHN WOODS/THE CANADIAN PRESS

- **Adult alternative album of the year.** Ron Sexsmith, Forever Endeavour
- **Alternative album of the year.** Arcade Fire, Reflektor
- **Dance recording of the year.** Armin van Buuren & Trevor Guthrie, This Is What It Feels Like
- **Metal/hard music album of the year.** Protest the Hero, Volition

For a full list and more coverage, visit metronews.ca.

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Long's characters travel through his own past

Art imitates life.
Brooklyn, Bloomington, Berkeley, Bakersfield... Dustin Long's novel retraces his old haunts

EMILY LAURENCE
Metro World News in New York City

Anyone can appreciate the alliteration of the four cities in Bad Teeth — Brooklyn, Bloomington, Berkeley and Bakersfield — but only true literary minds will notice that they are in reverse alphabetical order. Dustin Long's latest release is full of these winks at prose, which fans of his first novel, Icelander, will recognize.

The book features four different interlocking narratives with characters living in the above four cities. A translator named Judas ties the characters together as he travels from city to city searching for a reclusive writer, referred to as the Tibetan David Foster Wallace.

In Brooklyn, he develops a crush on the lovely Selah. In Bloomington, he stays with his friend Adam, a hedonistic, frustrated writer. The Berkeley section centres around Selah and her shady new boyfriend, and she eventually heads to meet Judas in Bakersfield.

"Not only are the cities in reverse alphabetical order, but they are in reverse chronological order from where I've lived," Long says.

"Before writing Bad Teeth, I was working on a book that took place in 17th century China, something I knew nothing about. Even with Icelander, I've never lived anywhere with snow, really. I knew I wanted to write a book that took place in modern day and only in places I have lived and knew about firsthand."

Another difference between Long's past works and this one is it's a bit less cerebral and more attention is paid to character development.

"Focusing on the emotional

lives of modern characters in a very realistic way was a challenge for me. Part of the reason why I chose to try that was to stretch myself," Long says.

Long actually had an idea of what Bad Teeth would become when he was an undergraduate. He wrote what he calls a terrible novel, that was divided into geographical sections and had a quest narrative similar to Bad Teeth.

"Having gone through a similar process helped me have the narrative in mind before I even thought of the plot," he says.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Singer earns RiRi-spect of fashion world

STARGAZING
Malene Arpe
scene@metronews.ca

Rihanna will receive the prestigious CFDA Fashion Icon award. I'm assuming that stands for Chick Finds Drake Adorable.

Angelina Jolie teams up with Stella McCartney for a special Maleficent-themed kids' collection. Unfortunately for all the sweet little tykes out there wanting one of the fun costumes, the collection was completely sold out when Angelina was done shopping for her own children.

A Kanye West photo from a Vogue story shows him as having no mirror reflection. There are a number of reasonable explanations: 1) He is probably a vampire. 2) Someone went too far with the Photoshopping. 3) He is a vampire. 4) He is clearly a vampire.

Lady Gaga says she's not in charge at home as "it's not good for relationships to tell men what to do." Your suggestion about pickled pigs feet and feathers didn't go over well, did it?

There's a very good chance The Backstreet Boys and The Spice Girls could soon be touring together. I've never been happier that I kept my parachute pants and my Union Jack halter top. #onlyslightlymotheaten.

Jesus
Muslim-Christian
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Uof T Med. Sci. Auditorium
1 King's College Cir.
3:30 p.m. Sat. Apr. 5
islaminfo.com

Selena Gomez ALL PHOTOS GETTY IMAGES

Selena subpoenaed? You'd better Belieb it

Selena Gomez was just making a normal trip to a convenience store in L.A. recently when she was served with a summons to testify in on-again, off-again boyfriend Justin Bieber's legal dispute with a photographer, according to Us Weekly. Gomez will now have to face questions under oath about a May 2012 incident in which Bieber allegedly kicked paparazzo Jose Duran in the stomach at a shopping mall in Calabasas, Calif. Reports state that Bieber and Gomez left the scene before police arrived. Bieber himself was deposed for a different lawsuit — brought by a different photographer who claims the Canadian pop star assaulted him — earlier this month, though Bieber got belligerent when the line of questioning switched focus to Gomez. "Don't ask me about her again," he repeatedly demanded. Gomez is expected to be subpoenaed in that case as well.

Virtual Winehouse tour rings hologram

Amy Winehouse

Amy Winehouse may rise again to embark on a world tour — as a hologram. Billionaire Alki David told the Sun he's planning to utilize the same technology that led to an appearance by a virtual Tupac Shakur at Coachella in 2012 to keep Winehouse's career going. While initial reports suggested that Winehouse's father, Mitch Winehouse, is on board with the plan, he apparently isn't. "No truth in the hologram story. Utter rubbish as usual," Mitch posted to Twitter this weekend.

The best of the best

BEST NEW PRODUCT AWARD WINNERS CHOSEN

Canadian Living 2014 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

Love to try new products but not sure which ones you'll be happy with?

The 2014 Best New Product Awards can help you there – and then some.

Now in its 11th year, Canada's largest consumer-packaged awards program puts the spotlight on the best new food, beverage, beauty, health and household products in stores. But what's most significant is that the judges are all regular consumers across Canada.

More than 90,000 Canadians participated in this year's study to choose 88 winning products from almost 300 new product innovations that made it onto the final survey list after an exhaustive search for the most promising new products launched in Canada.

"Most of us like to know which products are recommended by the people who have tried them – and these awards let you know what thousands of real Canadian consumers think," said Robert Levy, president and CEO of BrandSpark International, which is the independent market research firm that developed the awards. "In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval," he said.

"In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval."

— Robert Levy, president and CEO of BrandSpark International

For the program, BrandSpark conducted the most extensive consumer feedback survey in Canada: Participating consumers identified which new products they had purchased and rated them on appeal and key aspects of their usage experience, and also explained why they liked, or did not like, these products.

What did the consumers consider important in new products in the different product categories?

In food products, they said taste, improved health benefits and convenience were key. In health and beauty products, ease of use and effectiveness were most important. In the household products category, consumers loved products that were highly effective and worked the first time they were used. Across all categories, the top products were those that consumers felt delivered great value for their money.

"When shoppers purchase a Best New Product Award winner it means that they're buying a product that has been tried and endorsed by thousands of Canadians just like them," said Levy.

The winning products are being promoted by Best New Products Awards partners including Metro News, Canadian Living and Walmart. Select winners will be identified in Walmart stores with shelf signage.

Visit bestnewproducts.ca for more information.

Select winners available at Walmart

It's full steam ahead for a new kind of frozen entrée

Canadian Living 2014 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

If you shop the frozen meal aisle at the supermarket, you may be familiar with VH® Steamers™. If you've tried any of these exotic entrées, your taste buds aren't likely to forget the experience any time soon. That's because VH Steamers take frozen dinners to a refreshing new level.

NOT YOUR TYPICAL TV TRAY DINNERS

What sets VH Steamers apart from the many other meals you find in your store's freezer aisle? For starters, they come in a wide range of Asian-inspired mouth-watering dishes containing tender meats and crisp vegetables. With 10 great varieties, there's definitely a dish for everyone.

But it's not only the choice of wonderful dishes that makes VH Steamers in a class of their own. It's also their unique DuoTray Steamcooker™ technology. Through the power of the DuoTray Steamcooker, food is steam-cooked in its own juices, locking in flavour and preserving the texture of the meal. The technology consists of two components — the Steamer Basket and the Sauce Bowl.

The Steamer Basket holds the vegetables, proteins and pasta. The Sauce Bowl, which contains the sauce and some spices, rests beneath the basket. With a little help from your trusty microwave, steam forms from the sauce, which then cooks the meal in the basket. Once heating is completed, you simply add the contents of the Steamer Basket to the sauce. You can also place steamed food on plate and top it with the amount of sauce you desire. A little or a lot — it's completely up to you.

WHERE IT ALL STARTED

VH has a very unique heritage and story that started in the 1950s with one man's quest to find something more inspiring than the usual North American fare people were accustomed to eating. The man was Vincent Harrison. While on his travels through Asia, Harrison discovered exotic and inspiring tastes he wanted to take home to Canada. His passion was to bring these remarkable flavours and share with Canadians in an approachable way. And so VH was born.

"Today, VH is all about inspiring people to try something new and exciting, with its distinct and flavourful meals," says Paulina Lo, assistant brand manager, VH Steamers. "It's a tradition that began with Vincent Harrison, and it's a tradition we're proud to carry on in every recipe we create."

To learn more about VH Steamers, visit vhcanada.ca.

"I love that everything tastes and looks so fresh. I also love that I control the amount of sauce that I use."
- SUSAN W

See that symbol? It means you can scan this photo with your Metro app to watch a video of Gail Vaz-Oxlade giving more financial advice.

LIFE 3

Brown bag it, get your fill of savings

Think inside the lunch box. A packed meal is a steal compared to eating out every day

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Pack your own lunch for a healthier bank balance. ISTOCK

Over and over I meet families who are spending thousands of dollars a year eating out. And over and over I challenge them to give up buying lunches and coffees and substitute food made at home. It's often a hard sell. I'm not sure why, since I love my own cooking much more than the food I can buy in a fast-food joint — though there are times when I have a hankering for something I don't make particularly well. But, on a day-to-day basis, my food is way better than what one of my fams referred to as "outside" food.

On one episode of Til Debt Do Us Part, I handed a gal a lunch box with my face on it and told her to use it. While her hubby was the primary cook in the family and would often make her lunch, she'd leave it behind. She didn't want to give up eating out with her co-workers, so she'd end up spending between $8 and $12 a day on food at work. Hello! $12 a day, multiplied by 5 days a week, multiplied by 50 weeks a year equals $3,000 a year. That's right, THREE THOUSAND DOLLARS. (And those are after-tax dollars!)

Lunch out packs a punch

$3,000

Spending $12 a day on food at work, multiplied by 5 days a week, multiplied by 50 weeks a year equals $3,000 a year.

Creating a lunch for work does take some time and planning. The first thing out of most people's mouths is, "I don't have time in the mornings!" Really? Then get up earlier, lazy! Are you telling me it's not worth $3,000 a year to you (in after-tax dollars) to get up 15 minutes earlier in the morning? Give your head a shake.

One of our household's favourite salads is lettuce, red pepper, watermelon and feta cheese. No dressing needed because the watermelon is so juicy. Yum! You'd be hard-pressed to find a more healthy or delicious salad. And it's dead easy to pack ahead and eat on the go.

Then, of course, there's always the sandwich. Loads of people hate the idea of sandwiches because they have a tendency to get soggy. Easy solution: Pack each ingredient separately and assemble it at lunchtime. Need to keep the ingredients cold? Freeze a juice box or half bottle of water to pack with your cold ingredients. You can do this with homemade iced tea or iced coffee, too.

Salads and sandwiches are, of course, easy. But there are lots of people who want a hot lunch. It's easy if you have a microwave at work. But if you don't or are on the road, consider this marvellous invention called a Thermos. They're brilliant. Soups, fried rice, chili, lasagna, just about anything can go into one. You can make extra for dinner and pack the leftovers for your next day's lunch. To keep the food hot, preheat the Thermos by pouring boiling water in first for a few minutes, then dumping the water out and adding the reheated food.

Some people say they buy lunch because they love the social aspect of eating out. Hey, I'm as social as the next guy. But being social and going broke is dumb. So pick one day of the week when you'll eat out with friends and give yourself something to look forward to. Maybe you'll choose Wednesday (hump day), or Friday to celebrate the end of the week. Whatever day you choose, lunching out once a week instead of five will cut your spending by 80 per cent.

Better yet, start a Lunch Club at work and pick one day a week when you each bring something to contribute to a group lunch. Or challenge each other to find the cheapest good food in your area, and take advantage of the lunch special. All-day breakfasts at $2.99 can't be beat for value.

Be creative. The idea is to have a great life and save some money, at least until you're debt-free. Hey, if you don't owe nobody nuthin', then you can swallow your money to your heart's desire. But if you're in hock, or haven't been saving two red cents for the future, then you owe it to yourself to use all the tricks at your disposal to make your money work as hard as you do.

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Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Claiming tuition credits and dependant parents

Q I have $25,000 in tuition credits carried forward. Can I transfer it to my student loan?

A Sorry, but the carry forward does not work like that. Students are allowed to carry forward tuition and education credits they can't use until they have enough income to claim them. Tuition and education credits are what we call non-refundable, meaning they cannot create a tax refund by themselves. You have to claim them against income tax you paid during the year in order to use them. Non-refundable credits also have to be multiplied by 15% before you claim them. So your $25,000 in credits will mean $3,750 in tax savings. You can certainly apply your tax savings to your student loan as a lump sum once your get your tax refund, but there is no way to do a direct transfer.

Q My elderly parents live with me. Can I claim them as dependants?

A Maybe. It depends on their age and their income. But if they are older than 65 and have low income, you may be able to claim the $4,490 caregiver amount which means about $673 in tax savings. If they are infirm, this is boosted to $6,530 by the family caregiver amount. And depending on their health, you may also want to explore the Disability Tax Credit if either of them qualifies. If they can't use all of the credit, they could transfer it to you.

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A healthy and kid-friendly fave

Chicken Fingers Parmesan. An update on a classic, this dish will have the whole family begging for seconds

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

We've all enjoyed the traditional chicken Parmesan, but let's adapt this into a great family meal, perfect for the kids.

Voilà, chicken fingers Parmesan! So easy to prepare.

The nutritional difference here is that the chicken fingers are baked, not fried, saving you three times the calories — not to mention the fat!

My baked version is flavourful due to the Parmesan bread-crumb coating and the low-fat tomato sauce, which keeps the tenders moist.

You could also try this with turkey breast or white fish fillets! If you don't want to make your own tomato sauce, use your favourite brand. Commercial tomato sauce is a great low-fat addition to any meal, but read the nutrition label for added sugar.

Directions

1. Preheat the oven to 400°F. Lightly coat an 8-inch square baking dish with cooking spray.

2. In a bowl, mix the egg and water. In another bowl, combine the bread crumbs and Parmesan cheese.

3. Dip the chicken fingers in the egg mixture, then the bread crumb mixture.

4. Lightly coat a large, non-stick skillet with cooking spray and place over medium-high heat. Add oil and sauté the chicken fingers for 5 minutes per side or just until cooked.

5. Add half the tomato sauce to the baking dish. Place the chicken fingers over the sauce, then pour the remaining tomato sauce over the chicken and sprinkle with the mozzarella cheese. Bake for 5 minutes or until the cheese has melted. Garnish with the basil or parsley.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 egg
- 1 tbsp water (or low-fat milk)
- ¾ cup seasoned dry bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 lb skinless boneless chicken breasts (about 4 breasts cut into 16 strips)
- 1 ½ cup tomato sauce (home-made or store bought)
- ¾ cup shredded mozzarella cheese
- 2 tbsp chopped fresh basil or parsley

This recipe serves four. ROSE REISMAN

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Service changes

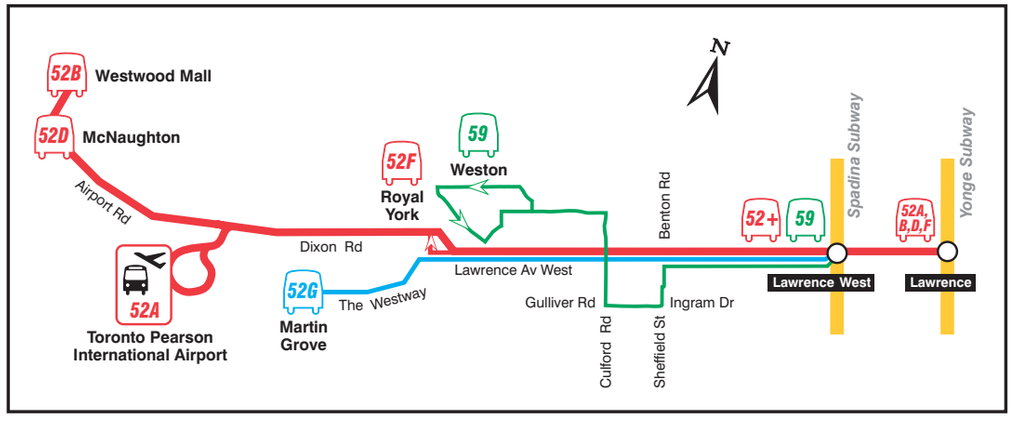
Effective March 30, 2014

52 Lawrence West, 59 Maple Leaf service improved to provide more direct transfer-free trips.

The 52 Lawrence West will replace 58 Malton service to Pearson Airport, service on Dixon Road, and will operate to Lawrence Station. Service along The Westway will operate to Lawrence West Station.

Service along the Culford/Gulliver/Ingram/Sheffield routing south of Lawrence Avenue will be provided at all times by the 59 Maple Leaf route.

The 58 Malton route number and name will no longer be used.



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Canada's coolest courses

Are you majoring in napping with a minor in surreptitiously checking Instagram under your desk? Consider signing up for one of these three out-of-the-box courses, currently being offered at schools across the country. While we can't tell you exactly what's on the syllabus, we guarantee the content won't make you beeline for your dorm bed.

ELENI DEACON
life@metronews.ca

The Sociology of Hockey in Canada

Here's one for the thoughtful jocks. This University of Regina class examines hockey not just as a game, but as an important aspect of our country's culture with implications reaching far beyond the nosebleeds. Themes on the curriculum include how the sport impacts the economy, social inequality, and Canadian nationalism. It all sounds very studious, but when a disagreement breaks out in tutorial, we imagine it's a gloves-off, sticks-down brawl.

FROM LEFT TO RIGHT : MONTE ISOM / FLICKR, BEAR GRAHAM/FLICKR , KATIEW/ FLICKR

Communication Through Meme

Was Feminist Ryan Gosling really that feminist? What are the social dynamics of planking? And is Doge a radical linguistic visionary or just stupid? Some or none of these questions may be answered in Communication Through Meme, a course at the University of Western Ontario that explores the history and impact of memes, both online and off. Instead of slaving over a term paper, students should just submit a picture of a kitten with "I can has A+?" written in block font in the foreground.

The Art of Breaking

Spin on your head, get school credit. That's the in-a-nutshell premise behind this break-dancing class offered at York University in Toronto. But while technique is integral to the course, it's not all six-steps and freezes. In addition to learning b-boy moves, students also explore breakdancing from a historical and political perspective. Which means graduates gain a deeper understanding of hip hop's cultural context along with learning how to do the worm at parties.

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Oil sands dropouts

70%

Zayonce says the success rate of people who last in Alberta's oil sands is quite low. He recalls his company giving its employees the figures on one occasion. "The majority of people who go out there don't make it," he said. "We're talking 70 per cent drop out and go back home."

DAVID SINGH
Metro World News

Chris Zayonce was still relatively new to the oil sands when he came inches away from a silent killer.

Working on an oil rig in Smoky Lake, Alta., Zayonce and his colleagues encountered a pocket of poisonous H2S gas emitting from the ground. The monitor he was wearing on his overalls immediately began to ring — at which point he dashed away from the area. One whiff of the odourless gas would have killed him.

But his work day didn't end there. He and his co-workers were expected to throw on a special suit, mask and oxygen tank so they could get right back to work.

"It was probably one of the freakiest experiences of my life," said Zayonce, 31. "Knowing that you have to go back out and deal with this, but knowing at the same time it can kill you — it was very nerve-wracking."

But such was life for Zayonce at the time. The Surrey, B.C., native spent several years working in the Alberta oil sands. He didn't have any experience, so his job duties were often dangerous and always involved "non-stop physical labour."

Ask why he subjected himself to this, and the answer is simple.

"Money," said Zayonce. "If you go there and do it properly, the paycheques are big. You can go as an unskilled labourer, walk into a job and make $120,000 a year if you're willing to work for it."

When he was on the oil rigs, Zayonce earned $90,000 in just seven months. Then, when he worked on the pipelines, he made well over $100,000 per year.

"But you have to think of the hours I put in," he noted. "(On the pipelines) I worked six days a week, 10-plus hours a day, 52 weeks of the year."

Zayonce's situation is mirrored by many across Canada. According to Ed Ng, an associate professor who teaches human resource management at Dalhousie University, there are several industries that open their doors to unskilled workers willing to move abroad and put in serious labour.

"Agriculture is a major one, food services and domestic help are also desperate for workers," Ng said, adding that there are openings available for unskilled construction workers, fruit pickers, cooks, fast-food employees, cleaners and babysitters.

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'Round the world wisdom

At times we need others to show us what is possible within ourselves

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

After running four marathons in four days, the long day of the Gobi March brought a new challenge: 85 kilometres, a double marathon. After battling for nine hours with various contenders in my age category, it was now down to two of us with 20 km to go. Sweltering and exhausted in the searing sun, I announced "I can't run anymore, want to jog?" Within minutes, our pace degenerated from a jog, to a brisk walk, to a walk. Done like an overcooked dinner, we willed ourselves toward the finish line, now 15 km away.

It was at that moment that another competitor ran by us as if we were standing still.

The finish line far away

It was at that moment that another competitor ran by us as if we were standing still. I remember panicking; I had everything to lose as I was leading in my age category, but I was emotionally and physically spent.

I remember panicking; I had everything to lose as I was leading in my age category, but I was emotionally and physically spent. After debating with myself for three minutes if I should, could, or would respond, I decided to try to outrun him.

I never caught up. Although defeated, I later learned that despite losing that race segment, I had managed to run one of the fastest 15 km of my life. Looking back on the event, I was able to move from profound disappointment to an incredible sense of gratitude: I was shown by a competitor what I could do that I didn't know I could do.

Sometimes, we are so completely blind to what we can do.

And too often, we just resent the individual pushing us until we clue in that we often need someone else to push us enough to trigger what is possible within ourselves.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Forget your college's career centre, 'cause this one's on you

All signs will point to yes if you accept that the future is in your hands. ISTOCK

Employment initiative. Tough economic times call for an attitude of independence

DAN SCHAWBEL
Metro World News

Gone are the days that students could rely on their college career centres to prepare them for the real world — now students have to launch themselves into the work world. Students have to be accountable for their careers and seek out events, alumni and opportunities on their own. In a new study by my company and Internmatch.com, we found that almost 50 per cent of students aren't using their career centres and 64 per cent are turning to online resources instead. The average ratio of students to career service professionals is 1,889 to 1 and we found that almost a third of students in our study say that centres don't have enough staff to support students.

What's most alarming is that 61 per cent say career centres are either never or rarely effective in helping them land a job. Clearly, students have to take matters into their own hands! Here are five tips for students:

Be proactive and attend as many career-oriented college events as possible.

If your school is bringing in a guest speaker, or hosting a roundtable with alumni, you should attend. The worst outcome from going to an event like that is learning more about their industry, and the best is making a new connection that could lead to employment.

Get your career service centre to introduce you to alumni in your field.

The most important asset that career centres have that they don't use nearly enough is their alumni database. Instead of just going into a meeting with your career counsellor to discuss your resumé and cover letter, ask for introductions to alumni that are employed at companies you're interested in. That connection is way more important than your résumé format!

Use free or paid online platforms to educate yourself and stay ahead of the curve.

Don't rely on your career centre as the single place where you learn job skills. Instead, turn to online resources. Based on your profession and industry, you can learn vital skills that will translate into new opportunities for you.

Do internships and freelance gigs until you find right career path.

Students are almost always clueless as to which career path to pursue, even after selecting a college major. In order to figure things out, you have to have as many experiences as possible so you understand the types of roles you like and don't like. By doing this, you realize the profession you want to be in, the size of company you want to work for and the culture you thrive in.

Disconnect from technology and meet people face to face to build your soft skills.

In a past survey, we found that 40 per cent of students feel like technology has hurt their soft skills, such as the ability to interact and build relationships face to face. Make sure you are disconnecting from technology every day so you can form human connections that can lead to jobs.

DAN SCHAWBEL IS A WORKPLACE EXPERT, KEYNOTE SPEAKER, AND AUTHOR OF THE NEW YORK TIMES BESTSELLING BOOK, PROMOTE YOURSELF: THE NEW RULES FOR CAREER SUCCESS.

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The Blue Jays are hoping to make some noise in 2014 starting today against the Tampa Bay Rays. Scan the image with your Metro News app to see the Jays' projected opening-day lineup.

SPORTS 4

Jays' ace hits reset button on down year

Opening day. Dickey and teammates hope new season and good health turn things around in 2014

After a forgettable 2013, R.A. Dickey hopes to set things straight with the Blue Jays. TORSTAR NEWS SERVICE FILE

Earlier this month R.A. Dickey wrote on Twitter that he felt much stronger this year compared to last, concluding the tweet: "#redo."

"Remember those old Nintendos?" he later explained inside the Blue Jays' spring-training clubhouse in Dunedin. "You're playing a game and you're just getting so frustrated because you can't get past a certain part so you just hit reset? It's a chance to do it differently."

If only it were that easy.

Dickey, who will take the mound here on Monday against the Tampa Bay Rays in his second straight opening-day start, isn't the only one who would have loved to hit the reset button on last year's massively disappointing season. The club's fan base, so desperate for a winner after a 20-year playoff drought, could not have been more let down by the much-hyped Jays' failure to launch a year ago.

Meanwhile, GM Alex Anthopoulos, who made few changes to the team he so flashily assembled a year ago, is betting a reset — and better health — is all it takes for them to hit their stride.

Dickey, for one, says he feels more confident and prepared heading into this season than he did last year, primarily because he didn't have to alter his spring-training routine to prepare for the World Baseball Classic.

"Last year, with the World Baseball Classic, I had to be game-ready a lot earlier in spring than I did this year, because you're competing in basically what came down to an Olympic event. So we just had to really step on the gas and my body wasn't ready for that," he said last week, following his last spring-training start. "This year I didn't have that, I could really take my time and I did take my time. I started a little earlier and I was able to pump the brakes a little bit when I needed to get to a place where I felt very comfortable taking the next step and then the next step."

Dickey was bothered in the first couple months of last season with a nagging back-and-neck injury that limited his velocity in the early part of the season and likely led to his reduced strikeout rate. He said the injury was caused, in part, by his rushed preparations for the WBC.

"A lot of times you labour to get to where you want to get to, and I was labouring last year," he said. "This year I feel like it's coming pretty naturally for me. That's a big encouragement."

TORSTAR NEWS SERVICE

Janssen starts on DL

The Blue Jays placed closer Casey Janssen on the 15-day disabled list Sunday due to a strain in his left abdominal and lower back area.

- The 32-year-old right-hander was 4-1 last season with 34 saves and a 2.56 earned-run average.
- The team also recalled catcher Erik Kratz from triple-A Buffalo.

THE CANADIAN PRESS

NBA

Raptors pull win out of their hat against Magic

DeMar DeRozan had 28 points, Jonas Valanciunas added 20 points and nine rebounds, and the Toronto Raptors escaped with a 98-93 victory over the Orlando Magic on Sunday night.

The win was the Raptors' third in a row and seventh straight over the Magic. Toronto swept the season series 3-0.

THE ASSOCIATED PRESS

Premier League

Liverpool lays waste to Spurs

Liverpool took advantage of an inept defensive display by Tottenham to cruise to a 4-0 win at Anfield on Sunday and return to the top of the Premier League for the first time since December.

Luis Suarez scored his 29th goal of the campaign in Liverpool's eighth straight win.

THE ASSOCIATED PRESS

Differing approaches

"Tim (Leiweke) is an impatient guy, and you have a patient guy in Nonis. Nonis is not afraid to say no, he is his own man. Patience meets impatience."

Former MLSE CEO Richard Peddie on what he expects to see with regards to Maple Leafs coach Randy Carlyle. The Leafs are currently mired in an eight-game losing streak and have fallen out of a playoff spot.

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Basketball's move towards T-shirt-style jerseys has been met with cringes in some corners. See that symbol? It means you can scan this image to vote on some of the ugliest uniforms in sports.

Shabazz Napier cuts down the mesh after his UConn Huskies beat the Michigan State Spartans on Sunday night at Madison Square Garden. ELSA/GETTY IMAGES

Huskies proving to be title 'predators' after upset win

NCAA basketball. After win over Spartans, UConn coach Ollie now 4-0 in March Madness

Shabazz Napier owed UConn.

He could have transferred when academic sanctions barred the Huskies from the NCAA tournament his junior season. But the guard wanted to pay back the school for the joy of a national title his freshman year, for his struggles as a sophomore.

Napier sure did that Sunday, carrying UConn back to the Final Four in front of thousands of roaring Huskies fans at Madison Square Garden. He scored 17 of his 25 points in the second half in a 60-54 upset of fourth-seeded Michigan State.

The East Regional's most outstanding player hit three huge free throws with 30.6 seconds left, making clutch shot after clutch shot just as Kemba Walker did when Napier was a freshman. The Huskies (30-8) rallied from a nine-point second-half deficit to become the first No. 7 seed to reach the Final Four since the tournament expanded to 64 teams in 1985.

"His will to win — you could just see it," said Gary Harris, who led Michigan State with 22 points. "He wasn't going to let his team lose."

The Spartans' seniors become the first four-year players recruited by Tom Izzo to fail to make a Final Four.

"As the game got closer and closer to ending, it was on my mind a lot, every huddle," said big man Adreian Payne, who had 13 points and nine rebounds but was repeatedly pushed to the perimeter by UConn's defenders.

The undersized Huskies matched Michigan State's physical play box-out for box-out, holding the Spartans (29-9) to just six offensive rebounds and six points in the paint.

"We're physical, too," said second-year coach Kevin Ollie, who is now 4-0 in the NCAA tournament. "Don't get it mixed up. We are predators out there."

They face Florida in the national semifinals Saturday, and they'll be confident they can beat the No. 1 overall seed. The Gators have won 30 straight, but their last loss was to UConn, 65-64 on Dec. 2.

Wisconsin (2) faces Kentucky (8) in the other semifinal.

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Michigan State coach Tom Izzo

Louisville's Mangok Mathiang tries to make the T-shirt jersey work during the Cardinals' game against Saint Louis Billikens on March 22 in Orlando. GETTY IMAGES

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The online auction will be conducted on
ibid4storage.com

JOHN LEWIS
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NADIRE ATAS
65 Burkindale Ave., Hamilton, ON., L9G 2Y9

According to the Lease by and between the customers listed above and All Canadian Self-Storage and its related parties, assigns and affiliates in Order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s). UPON. A COURSORY INSPECTION. THE UNITS WERE FOUND TO CON.TAIN: Household goods, Items will be sold or otherwise Disposed of at this site on dates and at approximate times listed by the Addresses above to satisfy owner lien in accordance with the state statues. Terms of the sale are cash only. No checks will be accepted. All goods are sold In "as is" condition. Tax must be paid or resale numbers furnished. Buyers Must provide own lock if needed. Seller reserves the right to overbid. All Items Or spaces may not be available on date of sale.

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Horoscopes

♈ Aries
March 21 - April 20
What some people say and what some people mean will be two entirely different things today. Because of that it's okay to be a bit suspicious, but most people are still honest.

♉ Taurus
April 21 - May 21
You may be more robust than many but some people are ridiculously sensitive and you would be wise to keep that fact in mind today. Say nice things only, for now.

♊ Gemini
May 22 - June 21
Think with your head, not with your heart. The most important thing as the new week begins is to avoid making the kind of silly mistakes that so many other people make.

♋ Cancer
June 22 - July 23
If there is a creative or artistic project you have been struggling to finish the next four or five days will be critical. Either get it done or move on to something new.

♌ Leo
July 24 - Aug. 23
Your dominant position will be challenged over the next few days and you will have to fight hard to retain your status. Anyone who thinks you will roll over does not know you well, which is in your favour.

♍ Virgo
Aug. 24 - Sept. 23
You are advised to hold fire and not be too pushy over the next 24 hours. No matter how ambitious a Virgo you may be there is only so much you can do, so conserve your energy for when you most need it.

♎ Libra
Sept. 24 - Oct. 23
You would be wise to let friends and work colleagues express their opinions today, even if they clash with your own. In the very near future you are going to need their assistance.

♏ Scorpio
Oct. 24 - Nov. 22
If you take a negative view of what is going on you may get stuck in one of those woe- is-me moods that are so hard to shift. Make a conscious effort to look on the bright side.

♐ Sagittarius
Nov. 23 - Dec. 21
There is something that needs to be done. The longer you leave it the more you will have to rush when you do eventually get started and that could lead to mistakes. Make a "to do" list and stick to it.

♑ Capricorn
Dec. 22 - Jan. 20
Find a nice quiet place where you can switch off from the world and get your thoughts together. If you want to find peace in your life you first need to find it in your own heart and head.

♒ Aquarius
Jan. 21 - Feb. 19
If you want to convince authority figures you know what you are talking about, you must back up your opinions with facts. If you can't do that well it would be best if you stayed quiet today.

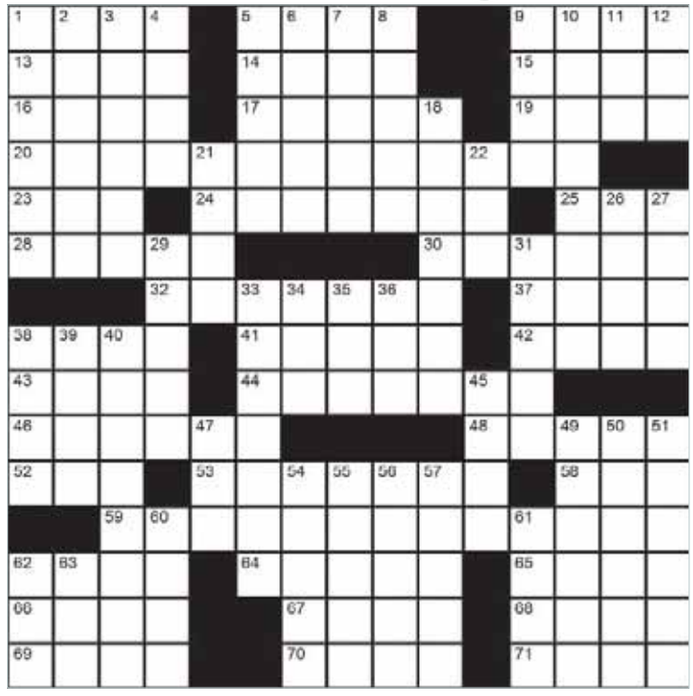
♓ Pisces
Feb. 20 - March 20
Cooperation will go a long way today, especially as so many people seem to be looking for excuses to start a fight. Victory sometimes it goes to those who get themselves organized.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

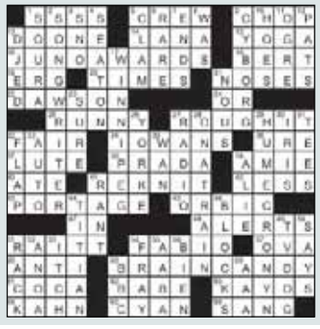
BY KELLY ANN BUCHANAN



Across
1.Tennis shots
5. 9th Greek alphabet letter
9. Sultanate of the Arabian Peninsula
13. _ __ (Together, in music)
14. Instrument-with-sticks
15. Cougar
16. Team
17. Resort destination
19. Spot
20. "Rapper's Delight" band: 2 wds.
23. "_ __ Mine" by The Beatles
24. Nylons
25. 'King' of France
28. Cosmetician Ms. Lauder
30. Not at sea: 2 wds.
32. Canadian designer of Michelle Obama's inaugural gowns: 2 wds.
37. Eye part
38. T. __ Price (Investment firm)
41. Royal __ Golf Club (Championship golf course in Scotland founded in 1878)
42. Possessive pronoun
43. Of a lyric poem
44. In a sick-of-it-all manner
46. Ms. Cardinal, Canadian actress in "Dances with Wolves" (1990)
48. Emily Carr's prop
52. Director Mr. Pollack, for short
53. __ Reuters
58. Cuckoo bird
59. Yuk Yuk's performers: 2 wds.
62. Item-for-a-foot
64. Psalms mysterious-meaning word
65. Many times: 2 wds.
66. Bear: French
67. Planetary travel unit, __. __.
68. Burial shroud
69. Top
70. Physicist Ms. Meitner
71. "I Dream of Jeannie" star Barbara

Down
1. Famous television dog
2. Abhorrences
3. Concern for Joe Oliver as Canada's new Finance Minister
4. "I __ _ ghost!" (Scary movie line, perhaps)
5. Particular potato
6. Root used in perfumes
7. "Tough Guys" all-girl rock band from Toronto
8. Saunter
9. Candid
10. Susan __, Canadian author of The Charcoal Burners
11. Concert's make-the-music-sound-louder thingy
12. Posh opposite of 'Yes'
18. Beached
21. Kirstie's co-star
22. Ms. Rand
26. Humdinger
27. Ms. Lupino's
29. Throw out
31. "I __ __ Papi" by Jennifer Lopez
33. East Coast city: 2 wds.
34. From Madonna's "Vogue": "...boy __ _ girl / If the music's..."
35. Positive gesture
36. Misery
38. Decays
39. Showbiz personality Aubrey
40. Buckingham Palace family, The __
45. Fallon's predecessor
47. Hiroshima's river
49. Went by boat
50. Lotto 6/49 playing option
51. Lend an ear
54. Entertainment journalist Nancy
55. __-faceted
56. __ or neuters
57. Nature shade
60. Try out
61. Spice sort
62. Shed many tears
63. Tint

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9	8	4		6		
		6						5
5			3			4	8	
	4	1		2	8			
			7	5		1	2	
	7	2			6			9
3						7		
		5		7	4	2		

Friday's Sudoku

2	8	9	6	3	1	7	5	4
5	3	7	9	4	2	8	1	6
6	1	4	5	7	8	2	9	3
9	7	8	3	1	4	6	2	5
4	6	5	2	8	9	1	3	7
1	2	3	7	5	6	9	4	8
3	4	6	1	2	7	5	8	9
7	5	2	8	9	3	4	6	1
8	9	1	4	6	5	3	7	2

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Tuesday
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